

Durham Unitarian Universalist Fellowship

Celebrating 60 Years

Love, the Quest for Truth, and Service



The HEED December, 2021

Our Sunday, December 5th 10 – 11:15 AM Service will be offered in-person and via Zoom.

Following this service DUUF President, John Macri, will host our annual Holiday Party, including our traditional Yankee Swap (pizza & beverages will be served)

Please note that beginning December 12th,

Sunday Services will be held 10 – 11:15 AM, via ZOOM only
(please see DUUF President's message for further information)

Sunday, December 5th: Tiny Home, Big Adventures: Traveling Coast to Coast in a Converted Bus
with Hilary, Jonathan, Krysta and Thomas Babon (in-person and on Zoom)

The Babon's pandemic project-- traveling across the U.S. with their family of four and dog--started with converting a 40' bus into an off-grid tiny house on wheels. Hilary, Jonathan, Krysta, Thomas and Cooper spent the summer of 2021 traveling across the U.S. in Rosie the Riveted Bus--adventuring, connecting and documenting their trip along the way.

Sunday, December 12th: Gratitude and Generosity - Two Interdependent Positive Attitudes
with Betty Crepeau (via Zoom only)

We will explore these two attributes, how they relate to each other, and how to cultivate them in your daily life.

Sunday, December 19th: "Spiritual Engagement Through Creative Expression" with Rev. Craig Werth (via Zoom only)

Rev. Craig Werth will describe the spiritual value of "improv" and song craft, drawing upon his work at Portsmouth's Krempels Center, where he designs and leads classes in improvisation and song writing for a community of folks living with brain injury. There will be opportunities for audience participation (on a voluntary basis). Craig will also share an original song or two.

**Happy Holidays and Happy New Year
to All!!**

**We will return on Sunday, January 9th with Rev. Mary Edes hosting
our first 2022 service.**

President's Message: Zoom-only Sunday services beginning December 12th

During its November meeting the DUUF Board voted unanimously to switch beginning December 12th to a Zoom-only format for Sunday services. This Zoom-only format for Sunday Services will continue through February 2022.

Reasons for this decision include rising COVID rates in Durham, Strafford County and throughout New Hampshire, as well as challenges in providing supplemental ventilation and holding outdoor coffee hours during the winter months. We hope to offer in-person services starting once again in March 2022, pending further assessment of the status of local and regional COVID rates. We'll continue to monitor the situation, discuss options at our upcoming Board meetings and keep all advised via *Heed* and email messages.

Please note: Our December 5th program with the Babon Family will be both in-house and via Zoom. Plan to join us following the program for our 2021 DUUF President's Holiday Party. Sorry, Zoom participation will not be available for this event; it will be in-person event only.

Some Holiday Party details...

Pizza and salad from DHOP in the lobby and/or on the deck (weather permitting)

Music performed by several of our talented young people

The Griffin/Gibsons will help coordinate and conduct the swap action

Yankee Swap Participants:

Please ring a wrapped gift – one for each participant. Think of something inexpensive you would enjoy getting yourself or of something fun for the swapping action.

Hope to see you there.

John Macri

Spiritual Growth Group

I'm offering another study on The Power of Now by Eckhart Tolle, a German-Canadian spiritual teacher. A starting date will be mid-January and it will be via Zoom or FaceTime which worked very well with last year's study group, and it's convenient.

Please let me know if you would be interested in participating in this study. Also, I'm always looking for recommendations for group study.

-Joyce Sheehan joycesh61@gmail.com (new email)
606-801-3624

'Care will still be there'

As we move back to zooming this month, this is a reminder that your Caring Committee remains available to assist Fellowship Members and Friends in any safe way that we can.

Contact: Chris Rodgers
Tel./text: 603-970-0502
email: chrisandfrank1970@comcast.net

**DUUF Officers, Chairpersons and Council Coordinators and
Members of Committees and Councils for 2021-2022
Under 2018 By Laws**

OFFICERS

President: John Macri
Vice President: Chip Noon
Treasurer: Jen Pavlik
Secretary: Betty Nordgren

COMMITTEES

Program: Deb Johnson (Chair), Betty Crepeau, Michael O'Sullivan, Larry Vogelmann
Religious Exploration: Bob Pavlik (Chair), Brad Kinsey
House and Grounds: House: Sarge Legard (Chair), Rachel Legard; Grounds: Sarah Tambling;
Rentals: Maria Isaak
Socials: Carol Bullivant (Chair), Deb Johnson, Bob Sheehan
Membership: Bob Sheehan (Chair); Caring Subcommittee: Chris Rodgers (Coordinator),
Betty Crepeau, Michael O'Sullivan, Joyce Sheehan

COUNCILS

Nominations: Michael O'Sullivan (Coordinator), Bob Sheehan
Music Council: Maria Isaak (Coordinator)
Green Sanctuary: Mike Fleming (Coordinator), Nick Isaak, Jake Kritzer
Social Action: Dawn Meredith (Coordinator), Betty Crepeau
**Communication &
Outreach:** Brett Gibson (Webmaster), Stefanie Griffin (HEED Editor)
**Denominational
Affairs:** Thomas Pistole (Coordinator)



Our Mission Statement

The real test of our religion is the way we live our lives. The Durham Unitarian Universalist Fellowship affirms the seven principles of Unitarian Universalism:

We seek to be a place in which each person's unique worth and beliefs are acknowledged and respected and where each person's voice may be heard – a place in which each may freely explore his or her own spiritual path.

We join with others in reaching out to make the world more just, and commit ourselves to caring for the earth and all that makes up the web of life.

We strive to be a source of inspiration, a forum for intellectual exchange, a wellspring of comfort to those in need and a nurturing, supportive community for each other and our children.

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